

# Unruh Chiropractic, Inc.

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## Taking Measures To Reduce You're Risk of Disease

Whether you are overweight or of normal weight you should be aware of the impact body composition has on your health! Even if your weight is within a normal range, you can still have unhealthy or altered body composition.

**What is unhealthy body composition?** Generally speaking, it refers to carrying too much fat in comparison to lean tissue (i.e., muscle)—often referred to as having a high fat-to-lean ratio. As your body's fat-to-lean ratio increases, so do your health risks. In fact, unhealthy body composition often leads to obesity (defined as 30 pounds or more overweight)—a condition associated with many critical health concerns, including:

Heart disease	Back pain
Stroke	Gallbladder disease and gallstones
High blood pressure	Kidney disorders
High cholesterol	Osteoarthritis
Metabolic syndrome	Respiratory problems
Type 2 diabetes	Sleep apnea
Estrogen-related problems	Excess fatigue
Certain forms of cancer	Urinary incontinence
Hysterectomy	Depression

### Factors that Contribute to Unhealthy Body Composition

- A high-fat, high-sugar diet
- Lack of exercise
- Overeating
- Excess alcohol intake
- Hormonal disorders
- Certain medications, such as steroids, antidepressants, or anti-epilepsy drugs
- Other metabolic factors (i.e., Cushing's syndrome, polycystic ovary syndrome, hypothyroidism)

### Did you Know?

- More than 60% of the US adult population is overweight, with over 25% considered obese.
- Almost 30% of US children and teens aged 6 to 19 years are categorized as overweight. Overweight adolescents have a 70% chance of becoming overweight or obese adults.
- In America, approximately 47% of those who are overweight and 71% of those who are obese have high blood pressure.
- Half of all overweight and obese Americans have insulin resistance, which left unchecked, may develop into type 2 diabetes. About 70% of people with type 2 diabetes are overweight.

## **The Benefit of Healthy Body Composition**

The association of altered body composition with chronic health conditions is so strong that in 1955 the National Institutes of Health convened an Expert Panel to encourage programs for improving body composition.

By reducing body fat, a healthy body composition may:

- Improve insulin sensitivity and glucose tolerance.
- Improve blood circulation in all parts of the body, thereby reducing the risk of heart disease and stroke.
- Promote healthy blood pressure and cholesterol levels.
- Reduce respiratory infections and breathlessness, and improve lung function.
- Improve quality of sleep.
- Relieve some of the strain placed on your knees, hips, and lower back—which can reduce pain.
- Increase energy and endurance.
- Reduce the risk of certain pregnancy complications.
- Improve mood and self-confidence.

## **How Do You Measure Body Composition?**

Well, it can't be measured by your bathroom scale. Body weight isn't an accurate measure of body composition, and therefore, it's not accurate measure of overall health. The following methods can be used to assess your body composition:

- **Waist Circumference and Waist-to-Hip Ratio (WHR):** Generally speaking, a waist circumference of 35 inches or more in women and 40 inches or more in men indicated increased health risk. WHR is calculated by dividing your waist circumference by your hip circumference. A WHR of 0.8 or greater in women or 1.0 or greater in men indicates unhealthy body composition.
- **Skin-Fold Thickness:** This method uses calipers to measure the amount of subcutaneous fat (fat below the skin) at the back of the arm and/or at other specific sites on the body.
- **Bioelectrical Impedance Analysis (BIA):** BIA determines fat-to-lean ratio by utilizing modern electrical frequency science.

## **Change Your Lifestyle...Change Your Life**

Don't fall victim to fad "starvation" diets or potentially dangerous weight loss pills—in the long run your body will only end up retaining fat and losing lean tissue (muscle).

According to the National Institutes of Health, lifestyle modifications such as nutrition, diet, and exercise are the preferred methods for achieving healthy body composition. With a targeted body composition program, you will not only lose unhealthy and unattractive fat—you will also minimize your risk of developing high blood pressure, high cholesterol, insulin resistance, hormone-related problems, and more!